

## Mindfulness Skills

### Observe

- **Notice your body sensations** (all 5 senses)
- **Pay attention** on purpose, to the present moment
- **Control your attention**, but note what you see. Push away nothing. Cling to nothing
- **Practice wordless watching**: watch thoughts come into your mind and let them slip right by like clouds in the sky. Notice each feeling, rising and falling, like waves in the ocean
- **Observe both inside and outside yourself**

### Describe

- **Put words on your experience.** When a feeling or thought arises, or you do something acknowledge it. For example, say in your mind “stomach muscles tightening,” or “A thought ‘I can’t do this’ has just come into my mind.”
- **Label what you observe.** Put a name on your feelings. Label a thought just as a thought, a feeling as a feeling, and a behavior as a behavior
- **Unglue your interpretations and opinions** from the facts. Describe the “who, what, when, and where” that you observe. Just the facts.
- Remember, **if you can’t observe it through your senses, you can’t describe it.**

### Don’t Judge

- **Notice your experience but don’t evaluate it as good or bad, right or wrong, fair or unfair.** Stick to the observable facts of the situation. For example, replace “He’s a jerk” with “He walked away while we were talking.”
- **When you find yourself judging, don’t judge your judging.** You can’t go through life without making judgments – your goal here is just to catch those judgments and replace them with descriptions that give you more control over your emotions.